

## **Historic, Archive Document**

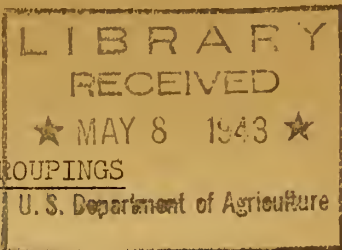
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EVERY DAY, EAT THIS WAY



EAT THIS WAY

USE FOODS FROM THESE GROUPINGS

MILK ( to drink or combined with other foods) at least 1 pt. for every-one, 1½ pts. to 1 qt. for children.	Whole milk	Skim, evaporated, or dried. Cheese
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CITRUS FRUITS OR TOMATOES

At least one serving daily.	Oranges, Grapefruit, Lemons, Tomatoes	Large servings of raw salad greens, such as chard, kale, spinach, turnip greens, watercress, and other thin dark leaves.
	Raw cabbage, Fresh Strawberries, Cantaloupe.	

GREEN OR YELLOW VEGETABLE

GREEN

YELLOW

One big helping or more. Some raw, some cooked.	Dark green leaves(interchangeable), turnip, dandelion or mustard greens, chard, watercress, spinach.	Carrots. . . . . Squash(yellow) Tomatoes. . . . . Yellow Corn Sweet Potatoes Yellow Turnips also
	Asparagus(green) Green Beans      Escarole Green Peas      Broccoli Green Peppers    Okra Brussel Sprouts	Yellow fleshed fruits Peaches      Prunes Apricots Other yellow fleshed fruits.

OTHER VEGETABLES AND FRUIT

Vegetable -

Fruits - fresh or canned

Potatoes daily and at least one other large serving.

fresh or canned	
Any green or yellow vegetables or tomatoes	
Beets	Onions
Cauliflower	Parsnips
Celery	Sauerkraut
Lettuce	Cucumbers

Apples	Peaches
Applesauce	Pears
Cranberries	Rhubarb

Legumes

Dried Fruits

Navy beans	Peas
Lima beans	Lentils
Soy beans	

Prunes	Figs
Apricots	Dates
Peaches	Raisins

(over)

MEAT(LEAN).POULTRY OR FISH

Four servings weekly,  
preferably one daily.

Lean muscle meat -  
any cut.

Organ Meats

Liver... Kidney  
Heart Other organs

PoultryFish

Cod Halibut  
Flounder Mackerel  
Haddock Perch

Dried navy beans  
Dried lima beans  
Dried soy beans  
Dried beans  
Lentils  
Nuts

Include ample amounts of  
milk, cheese, and eggs  
when using foods of vege-  
table origin.

EGGS

At least 3 or 4 a  
week. Preferably  
one daily.

Cooked any way.

In "made" dishes

BREAD AND CEREAL

Whole grain products  
or enriched white  
bread and flour at  
every meal.

Cereals - uncooked

Oatmeal Brown Rice  
Wheat cereal Macaroni  
Cornmeal Spaghetti  
Grits

Cereals - prepared

Shredded cereals  
Flaked cereals  
Puffed cereals  
Whole grain or enriched  
breads and flour.

FATS AND OILS

Butter  
Margarine(Vitamin A  
added)  
Lard and hardened  
Vegetable fats.  
Olive, corn, cotton  
seed oil.

Bacon  
Salt pork  
Cod liver oil

Eat additional foods in moderation to satisfy  
appetite and to provide energy -- not to take  
the place of foods already listed in the plan.

REGIONAL NUTRITION ADVISOR  
FOOD DISTRIBUTION ADMINISTRATION  
Great Lakes Region

2-12-43

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